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Self-care tips to boost your mental health



Mental Health Tips Goodreads Choice Update

**Bradley R. E. Wright, Cathryn Entner
Wright**



Mental Health Tips Goodreads Choice Update:

The Leader's Guide to Wellbeing Audrey Tang, 2023-08-11 Your practical toolkit to banish burnout create a culture of psychological safety and inclusion to keep high performance teams feeling valued motivated and energised **LifeCrafting**

Bradley R. E. Wright, Cathryn Entner Wright, 2023-10-19 Would you like to live a more fulfilling life A life marked by closeness to God love for others self care and productive purpose Just about any life improvement requires one thing changing behavior You ll either have to start a new behavior refine an old one or stop an unwanted behavior altogether The decision to change behavior can be daunting because changing habits and routines is often difficult Changes can bring about good but they can also upend usual ways of doing things This book guides you in how to change just about any behavior for what the apostle Paul called a more excellent way The guidance is rooted in cutting edge social science research joined with Christian understanding of the good life and how to achieve it From this blended perspective the book presents a general model for how you can effectively change your behavior It gives you dozens of practical proven strategies that you can start using right away What s the secret to behavior change It happens best when a person combines several strategies First they start small Next they find ways to motivate themselves and to cultivate their spiritual gift of self control Finally in all steps they invite Christ into the process through Scripture prayer and fellowship Imagine what your life would be like if you could better match what you do daily to what matters most to you both now and eternally Matching your behavior to your core values with God alongside is the key to creating a truly beautiful life **Righteousness, Volume 2** Jeffrey J. Niehaus, 2023-10-19 The second volume of this three volume work exegetes and comments on every occurrence of the Hebrew terms for righteousness in the Old Testament It begins with a discussion of apperception and deductive method and concludes with an afterword on righteousness and ontology The ontological argument affirms that God s aseity is the foundation of righteousness in the Bible and thus of all true righteousness Righteousness is being true to God and God is always true to himself including in his self existence Other terms in the righteous word group such as righteous and justify are considered along with the important word pair righteousness and justice in semantic domain studies in the first three chapters Semantic domain studies show that terms like upright blameless and good are qualifiers of righteousness Whatever the flavor or nuance of the terms for righteousness may be in different OT contexts however study shows that the underlying sense of righteousness is conformity to God s Being and doing and the same is true of the righteousness of God

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